

Friday 11th September 2020

FOOD PREPARATION SENIORS

TOPIC:TECHNIQUES FOR MEAT COOKERY

SECTION ONE(1)

Following are Questions on Meat Cookery.

- 1 Give the definition for Meat
- 2 The chief nutritional source of meat is...
- 3 Meat is highly perishable, therefore meat requires...

SECTION TWO (2)

Basic Methods for Cooking Meats

- 1 Name the Two(2) Basic Methods of cooking Meat
- 2 Name the Methods used under Moist Cooking
- 3 Name the Methods used for Dry Heat Cooking

SECTION (3)

GIVE THE MEANING OF THE FOLLOWING

To Sear

To Saute

Steaming

Grilling

OK good afternoon trainees these are some questions that you are going to have to answer and send back on about what subsection OK thank you God bless